

Fig. 1

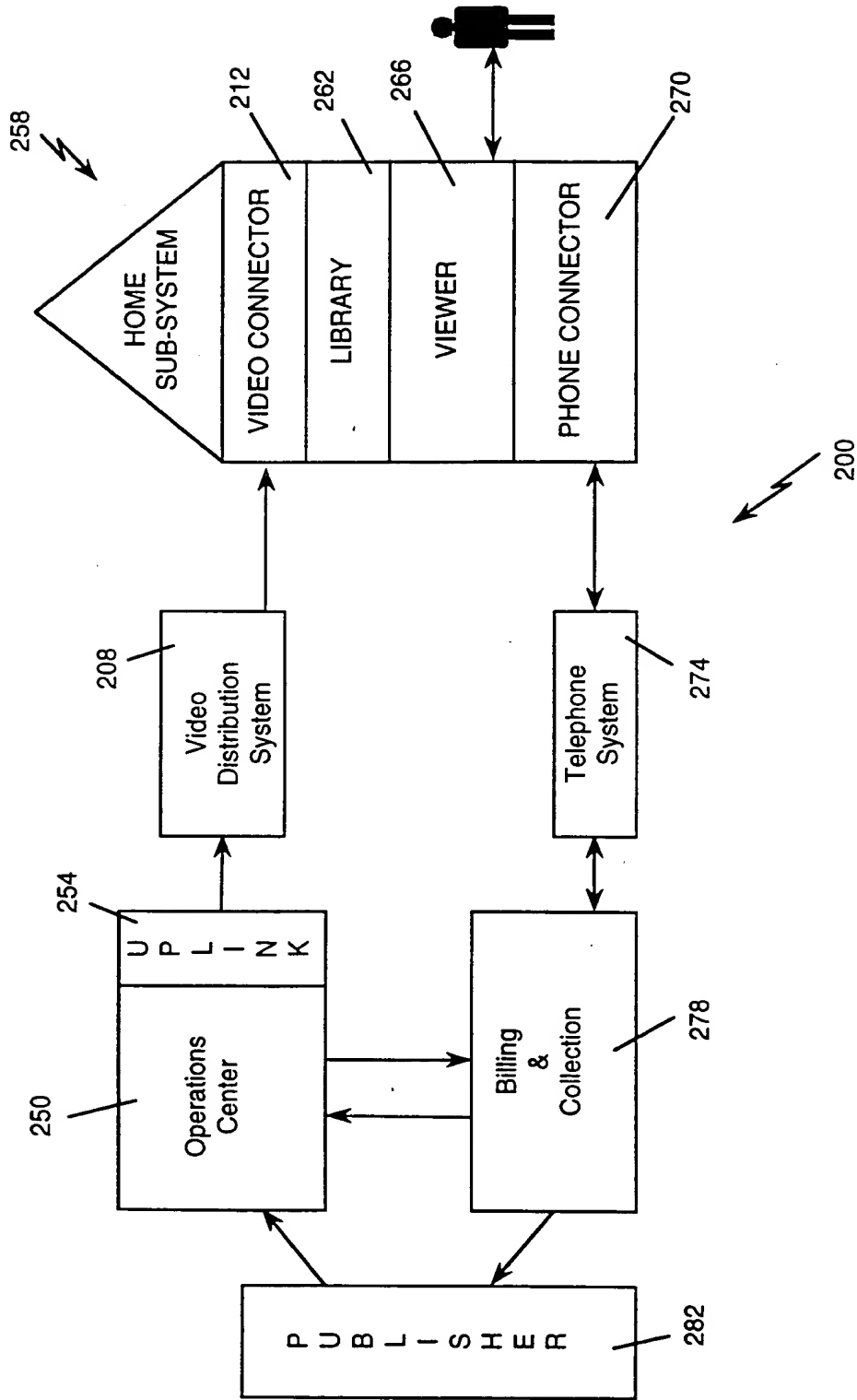
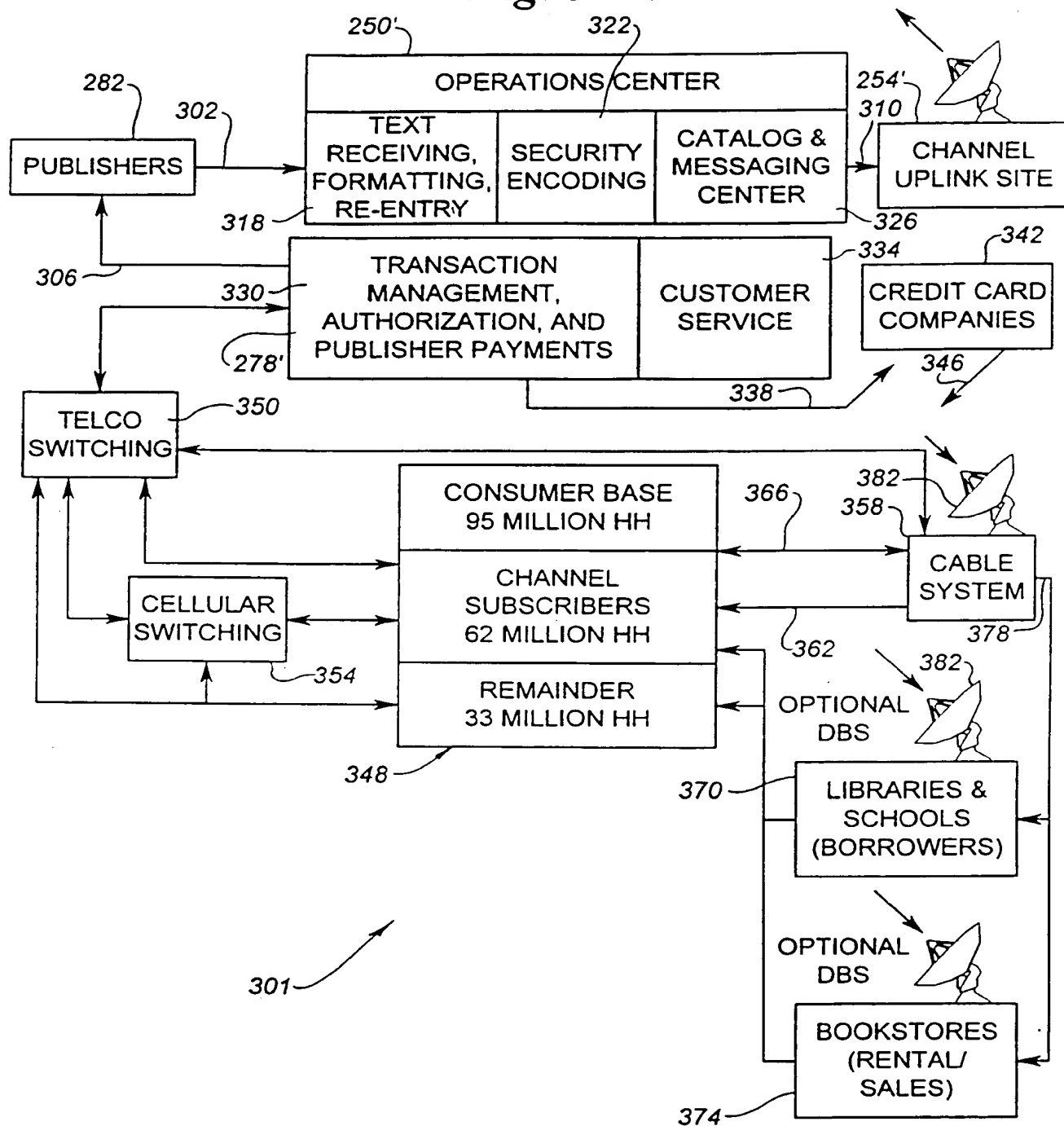


Fig. 2

Fig. 3



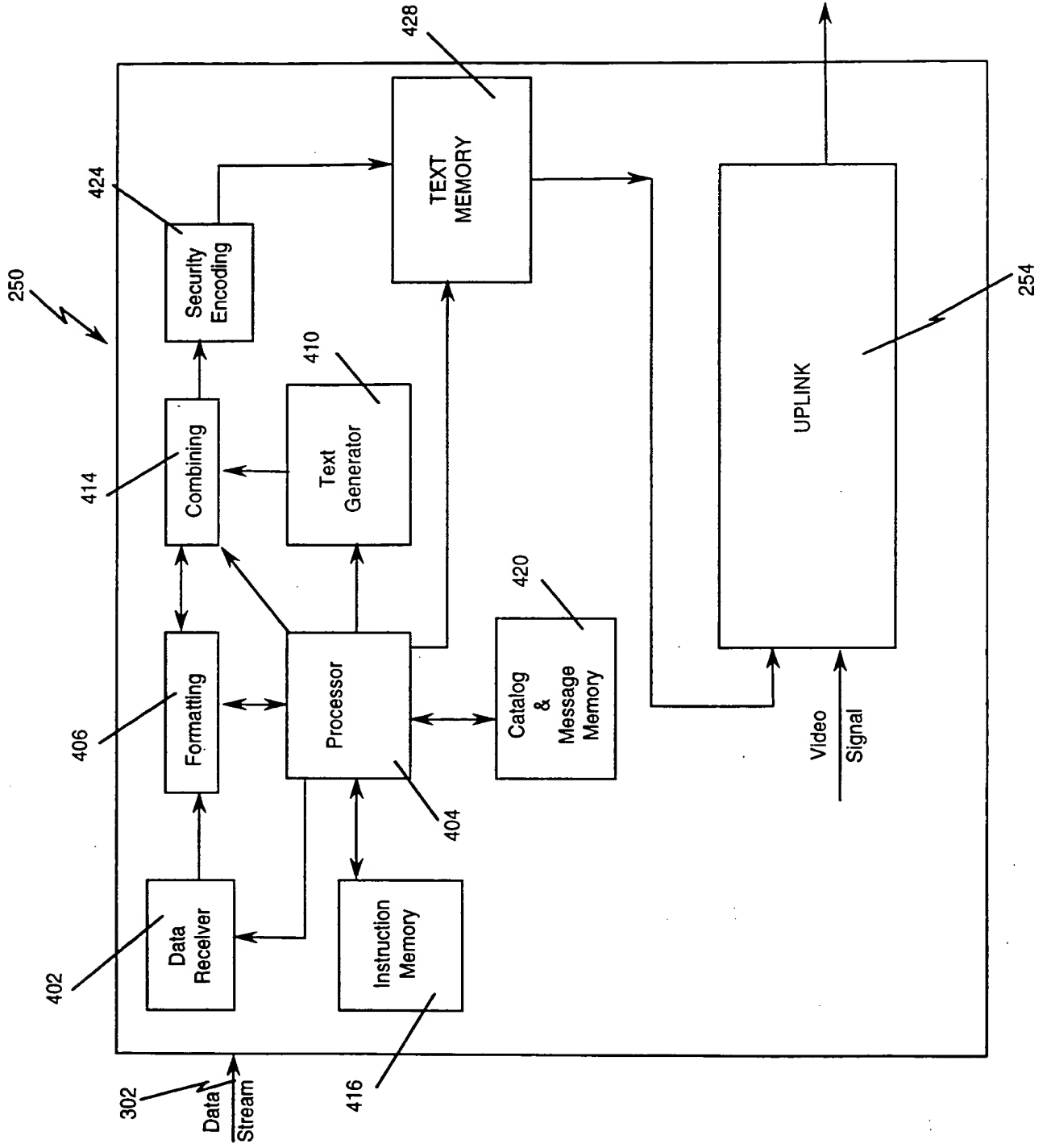


Fig. 4

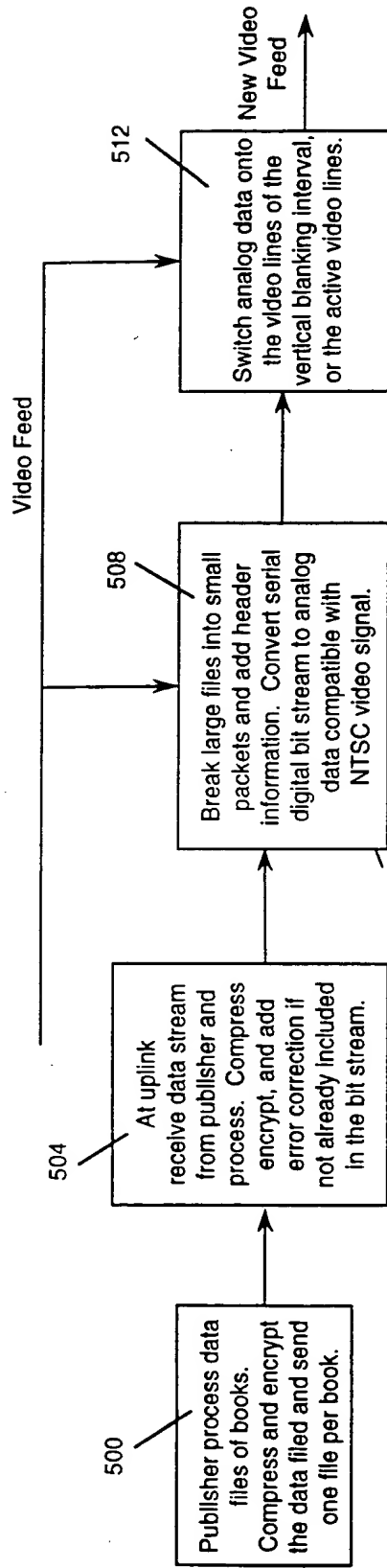


Fig. 5a

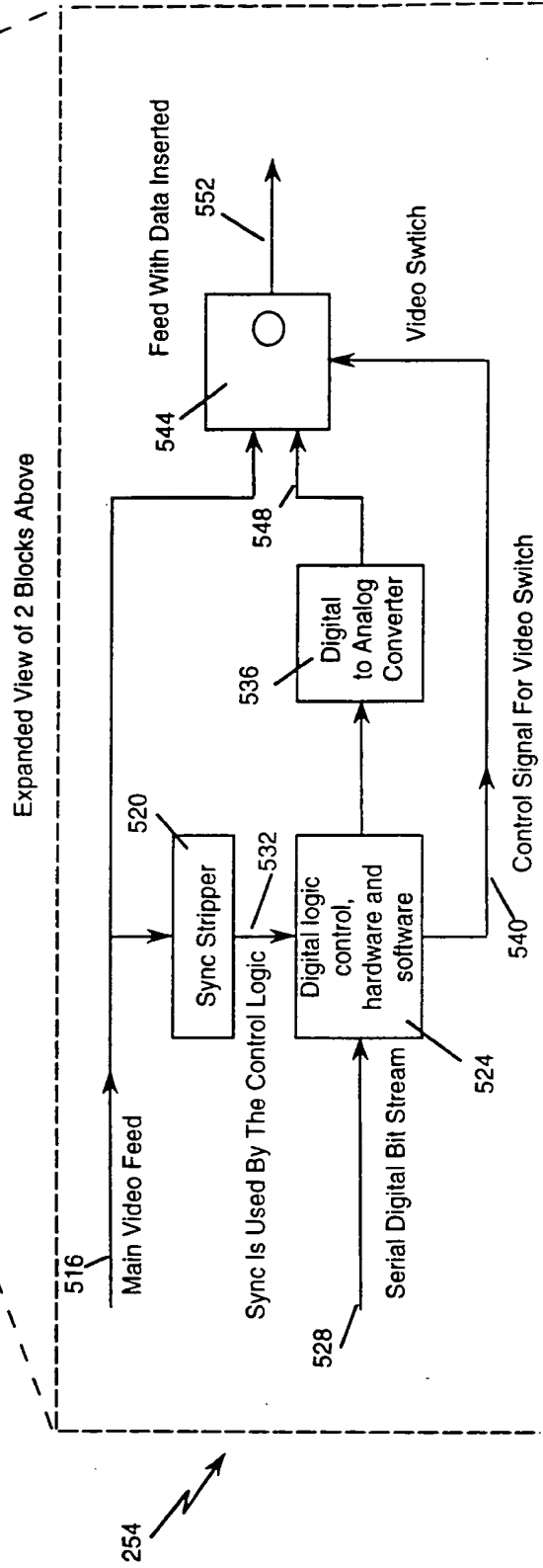


Fig. 5b

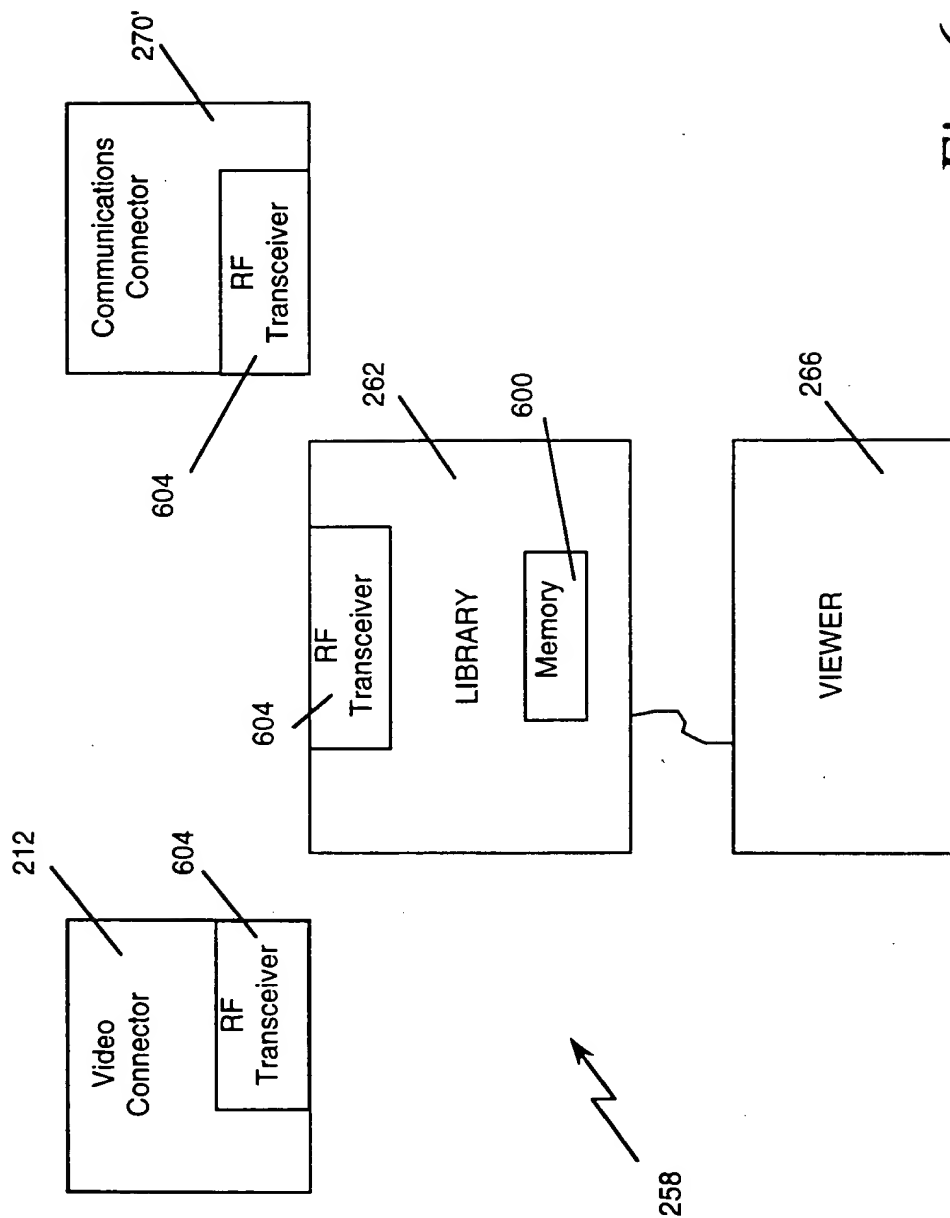


Fig. 6a

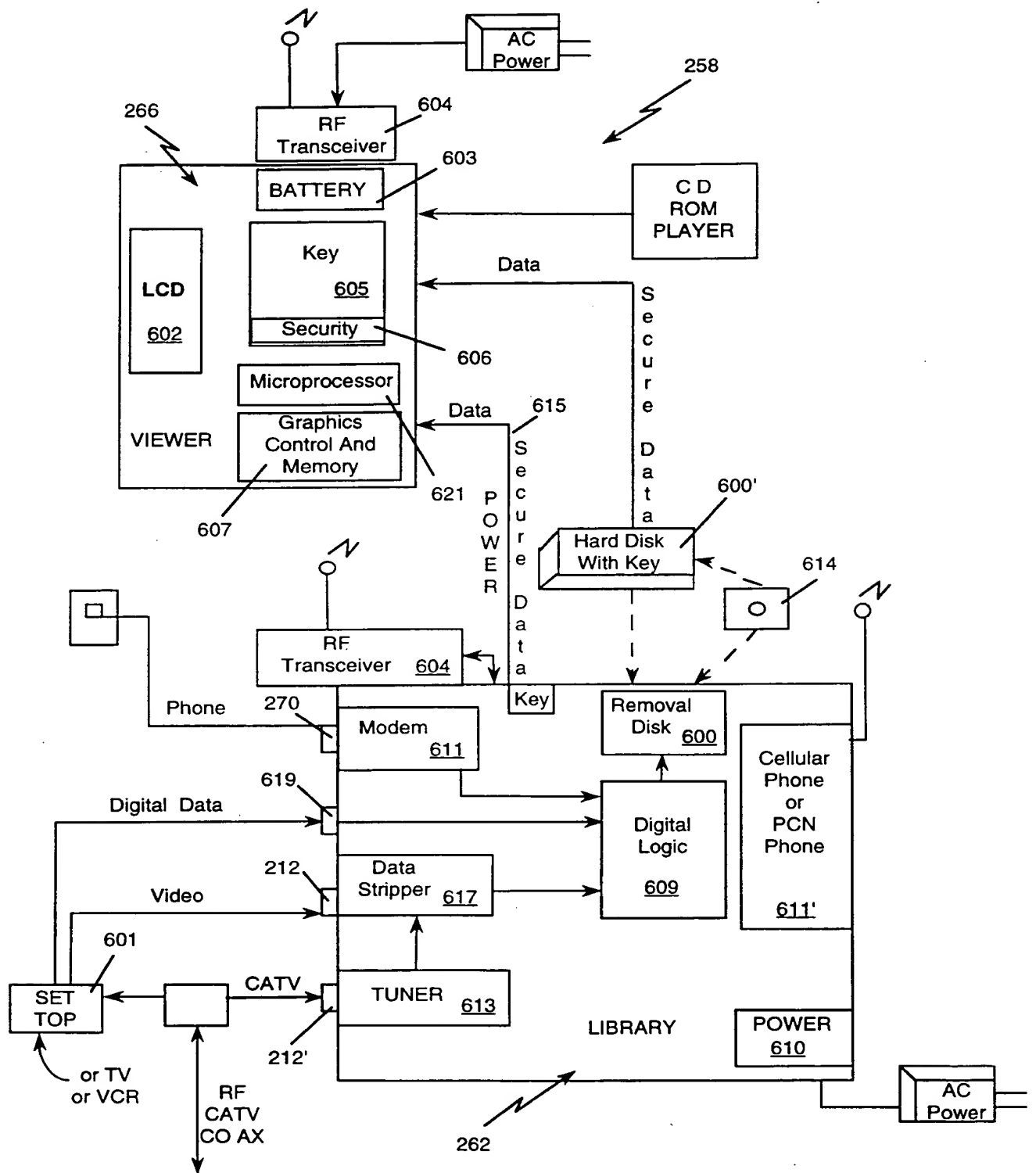


Fig. 6b

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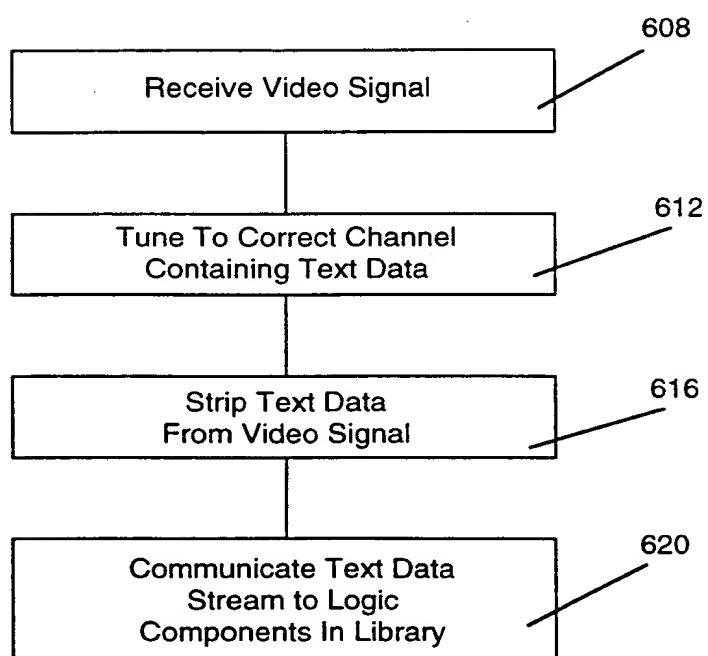


Fig. 7

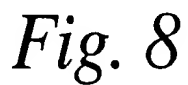
[illegible]

Fig. 8

09-07-2016

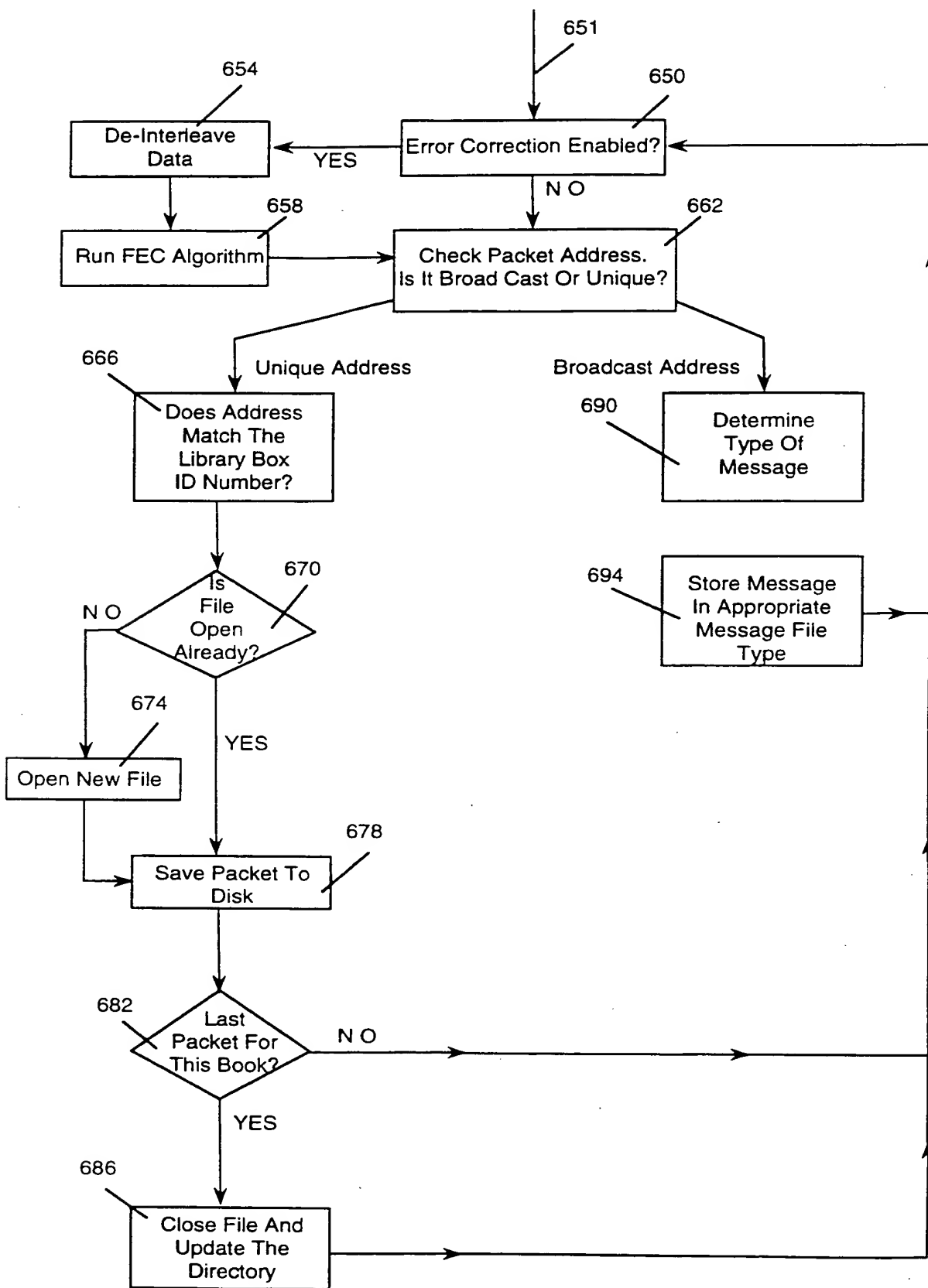


Fig. 9

Fig. 10

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 male and 100 female students. The students were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program, while the control group did not. Physical fitness was measured using a series of tests, including a 1500m run, a 50m sprint, a 100m sprint, a 200m sprint, a 400m sprint, a 800m sprint, a 1600m sprint, a 3200m sprint, a 6400m sprint, a 12800m sprint, a 25600m sprint, a 51200m sprint, a 102400m sprint, a 204800m sprint, a 409600m sprint, a 819200m sprint, a 1638400m sprint, a 3276800m sprint, a 6553600m sprint, a 13107200m sprint, a 26214400m sprint, a 52428800m sprint, a 104857600m sprint, a 209715200m sprint, a 419430400m sprint, a 838860800m sprint, a 1677721600m sprint, a 3355443200m sprint, a 6710886400m sprint, a 13421772800m sprint, a 26843545600m sprint, a 53687091200m sprint, a 107374182400m sprint, a 214748364800m sprint, a 429496729600m sprint, a 858993459200m sprint, a 1717986918400m sprint, a 3435973836800m sprint, a 6871947673600m sprint, a 13743895347200m sprint, a 27487790694400m sprint, a 54975581388800m sprint, a 109951162777600m sprint, a 219902325555200m sprint, a 439804651110400m sprint, a 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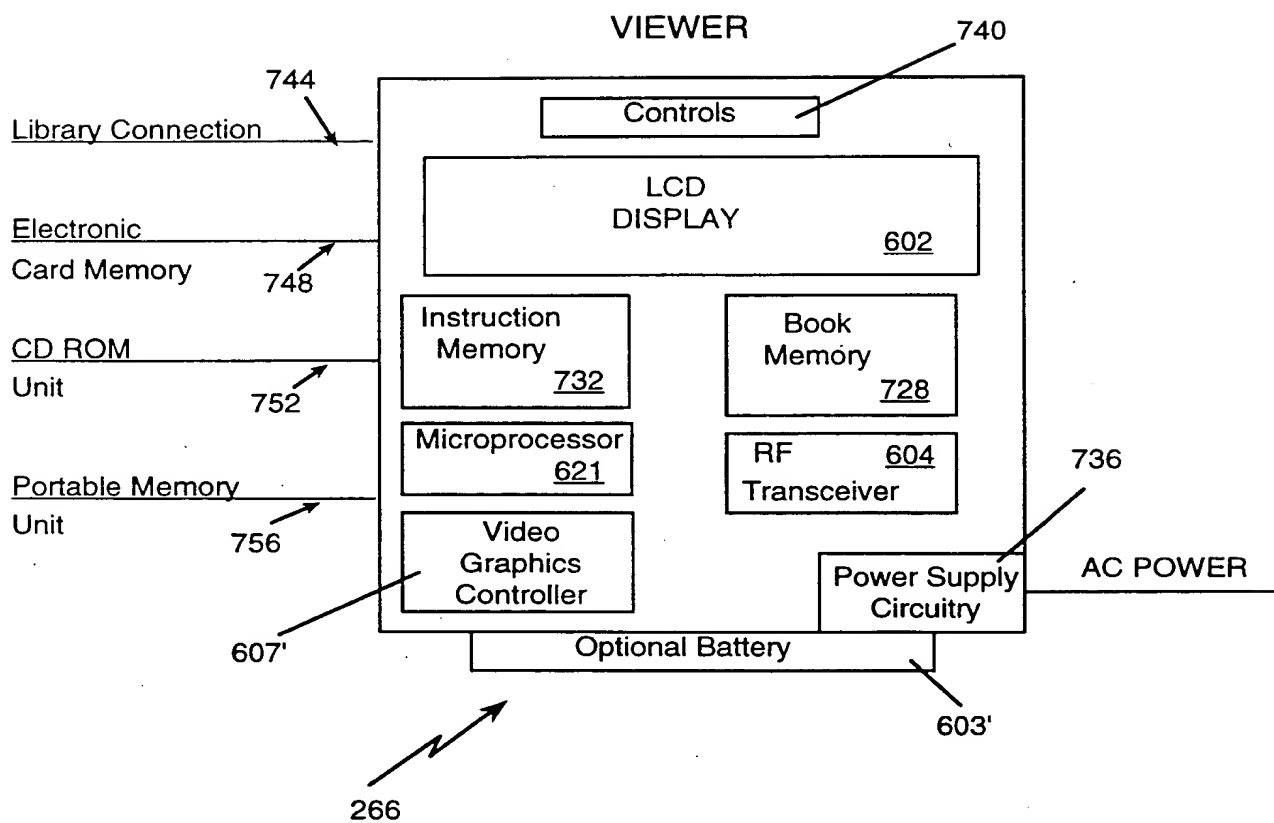


Fig. 11

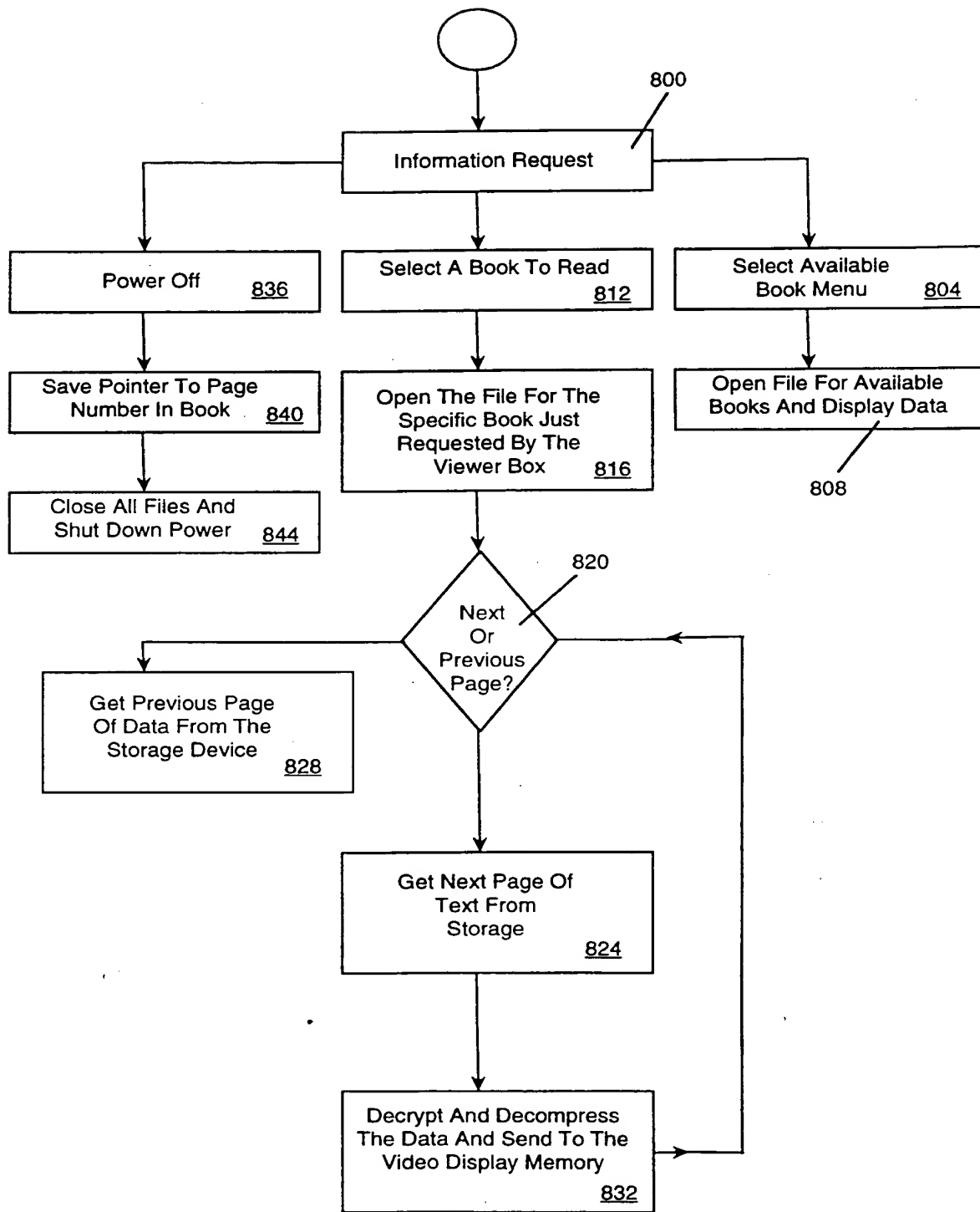


Fig. 12

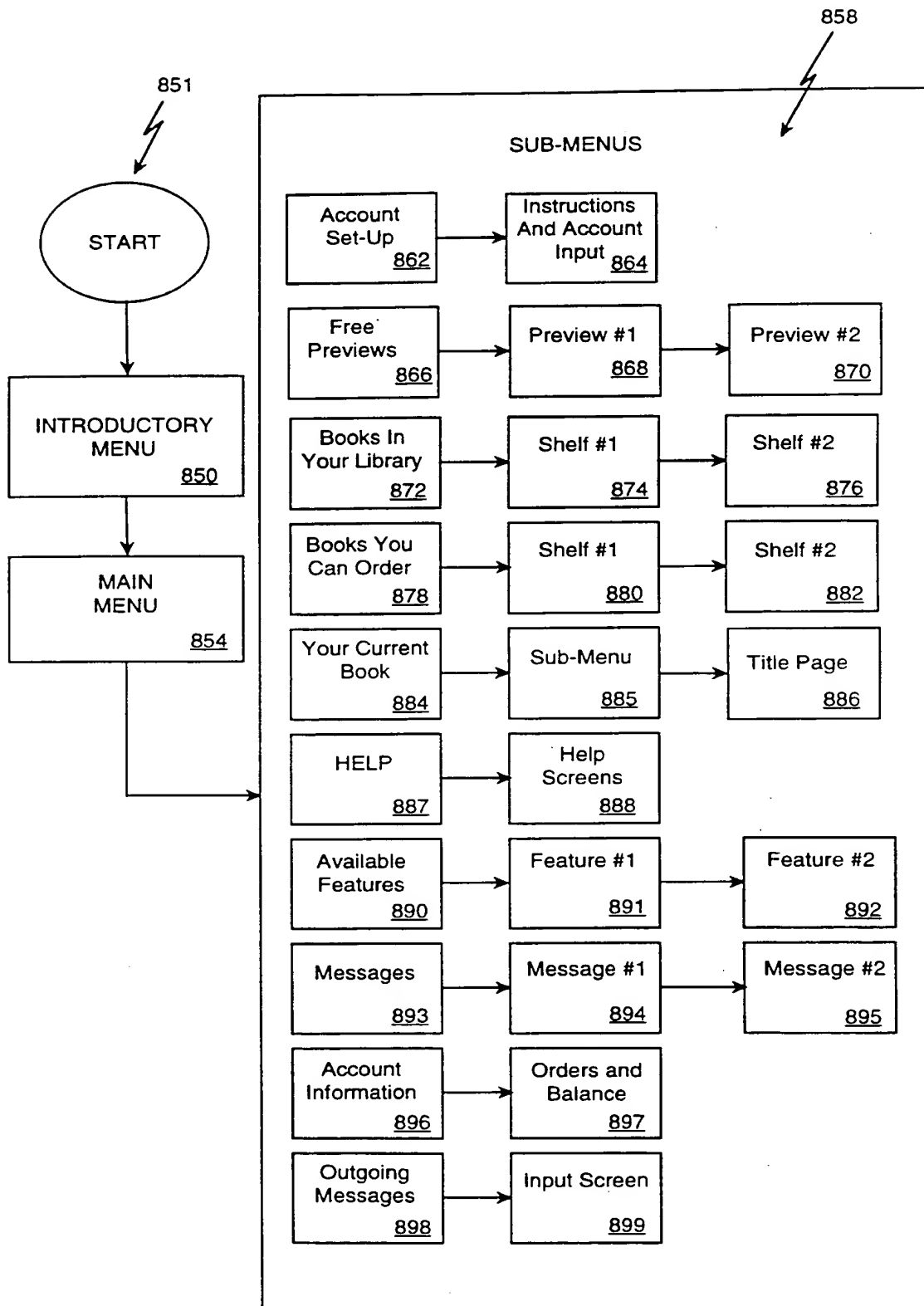
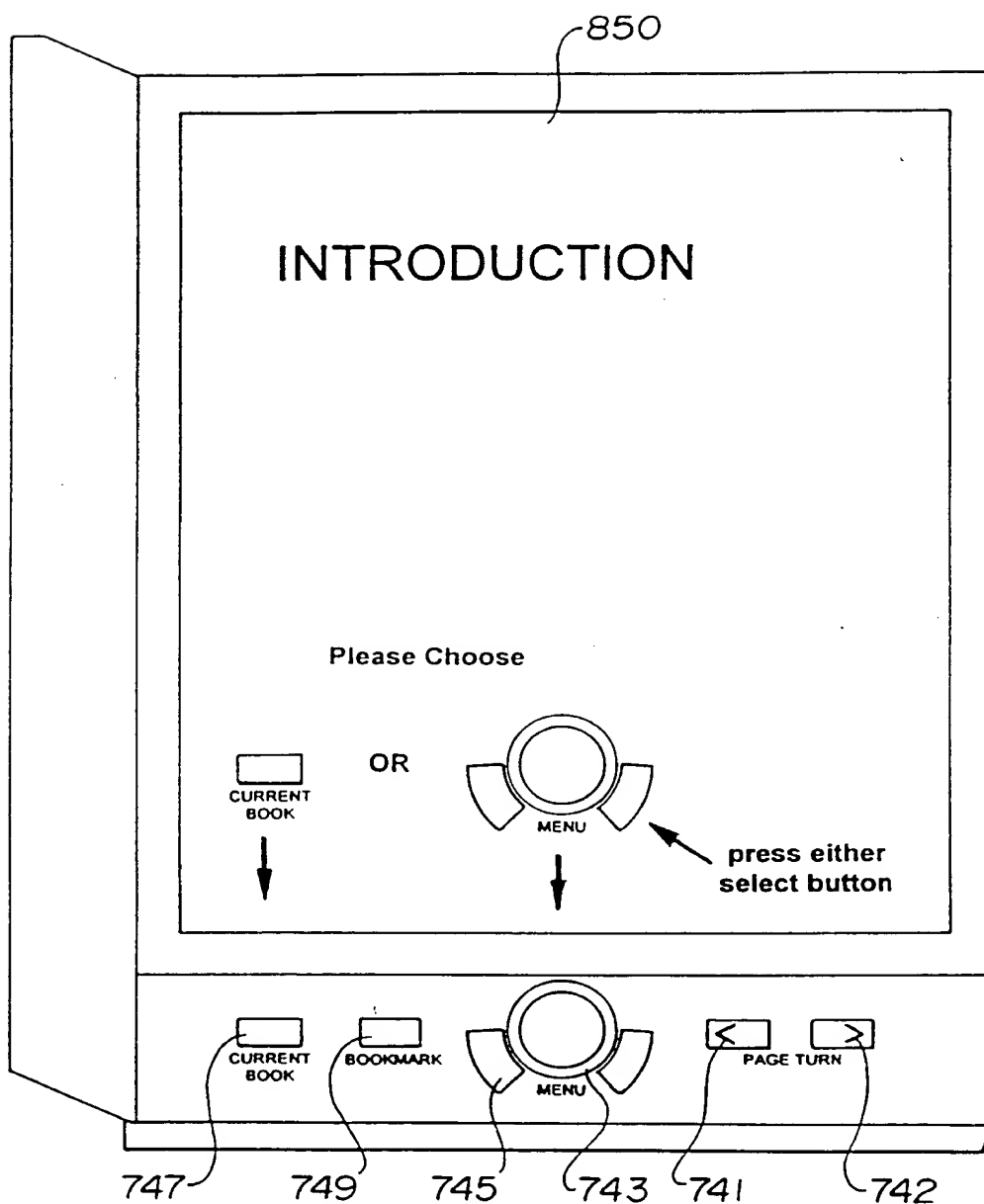


Fig. 13

Fig. 14a



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Fig. 14b

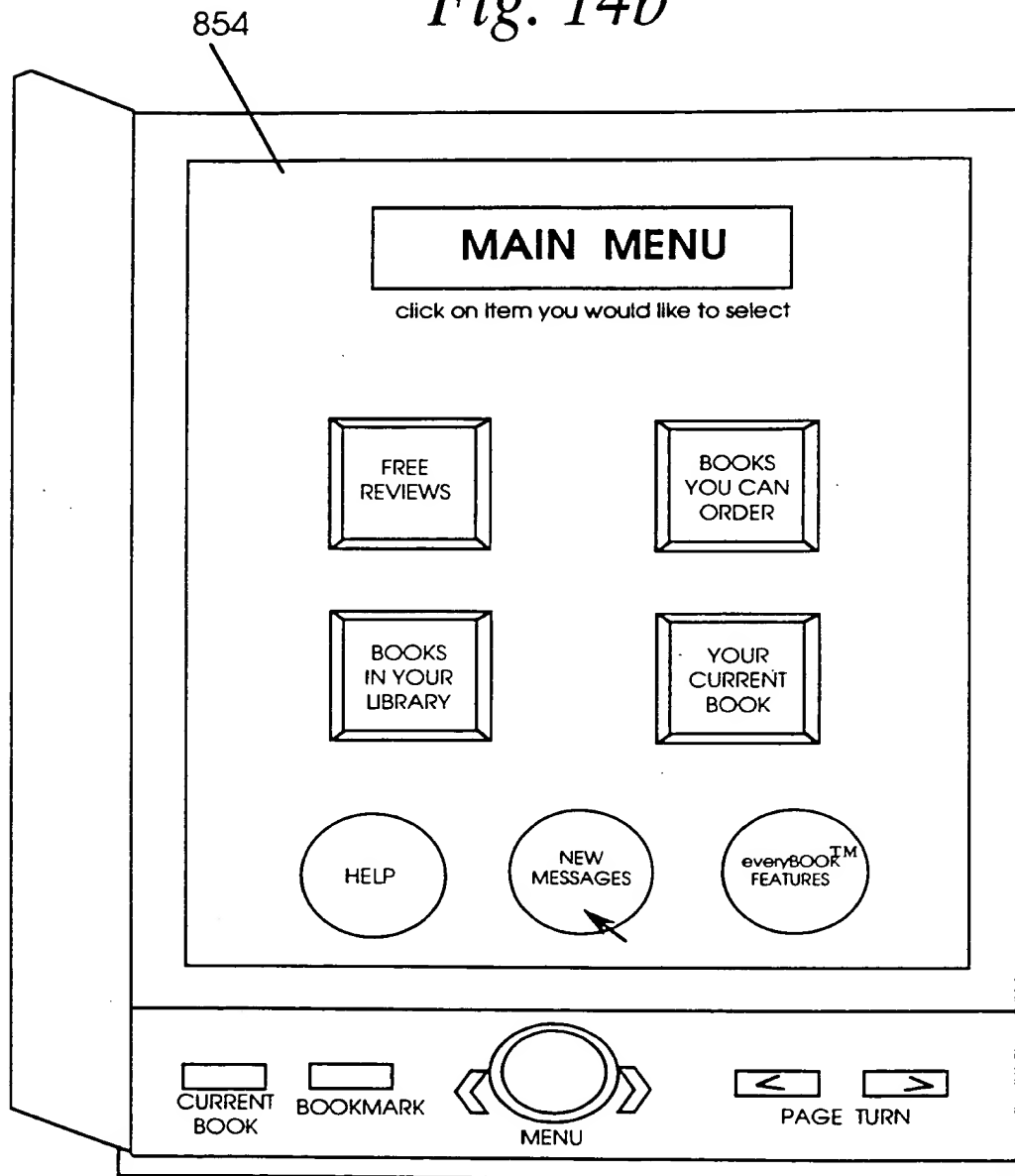
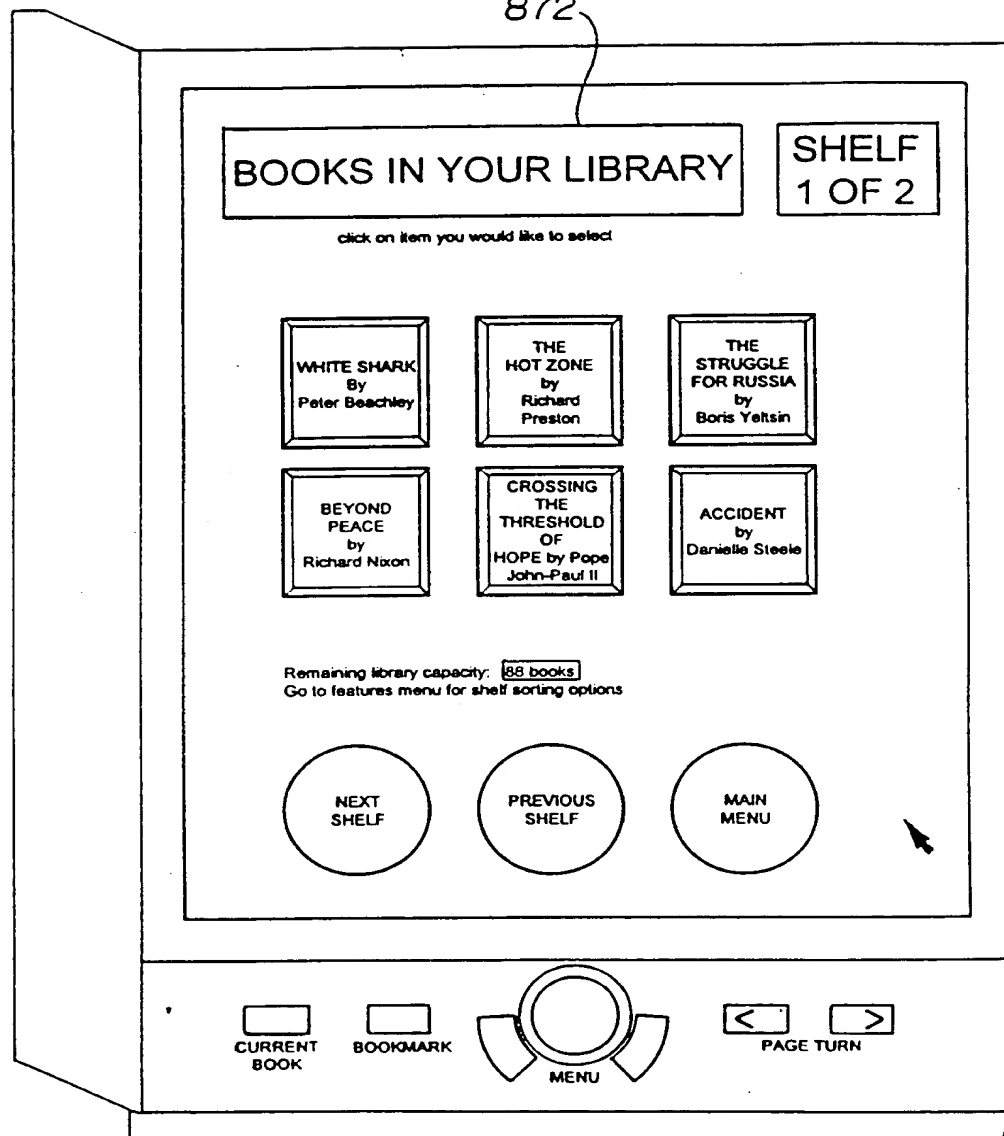


Fig. 14c

872



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Fig. 14d

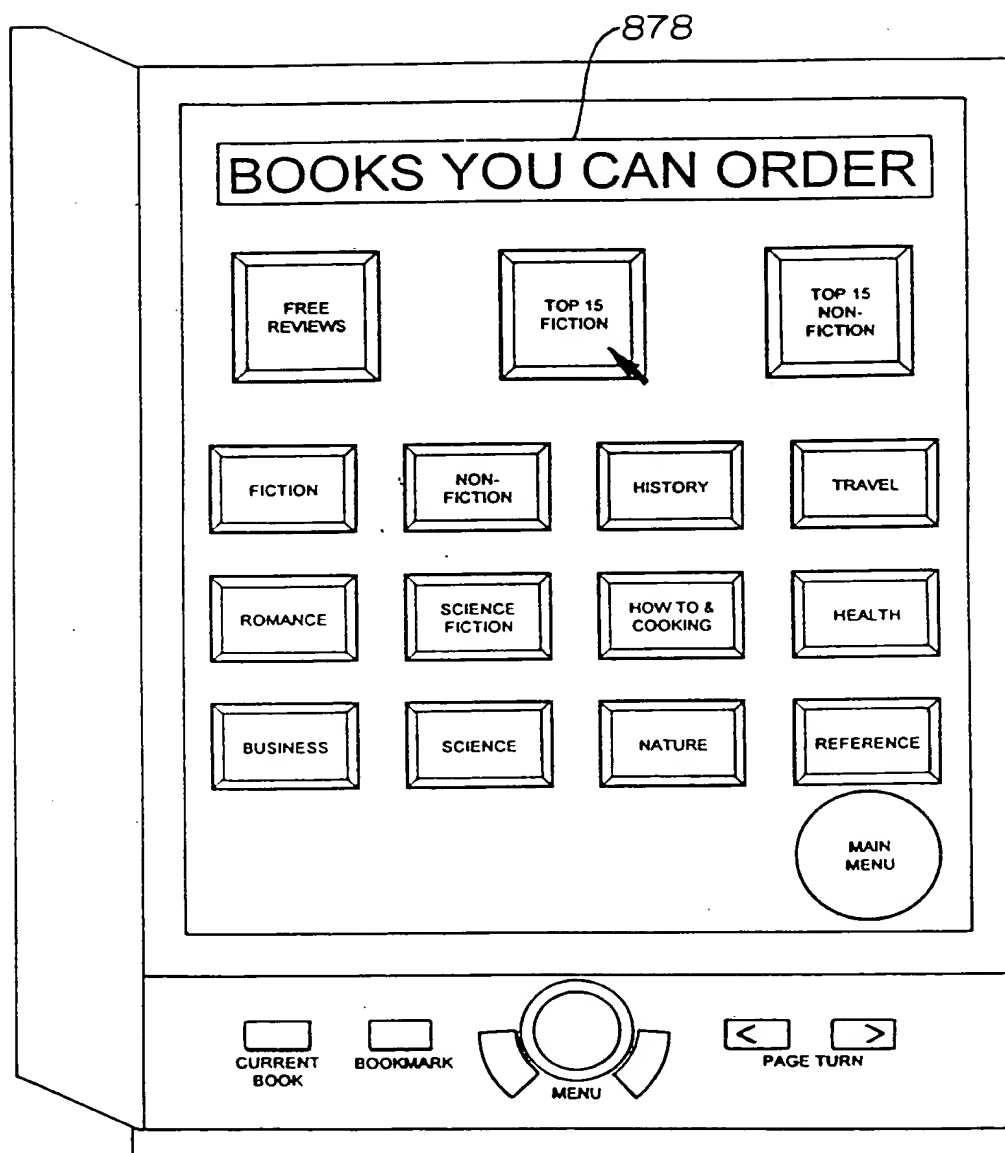




Fig. 14f

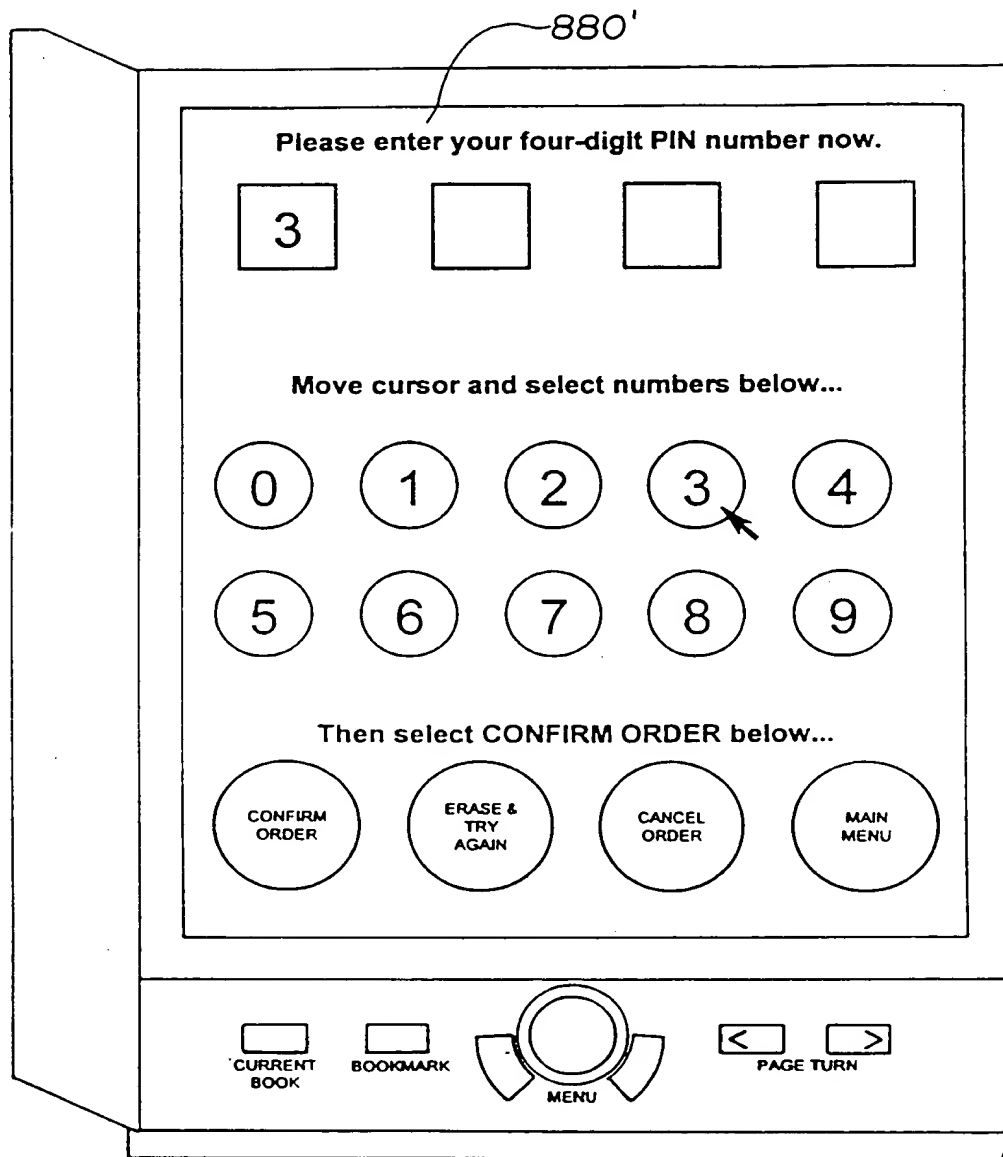


Fig. 14g

880'

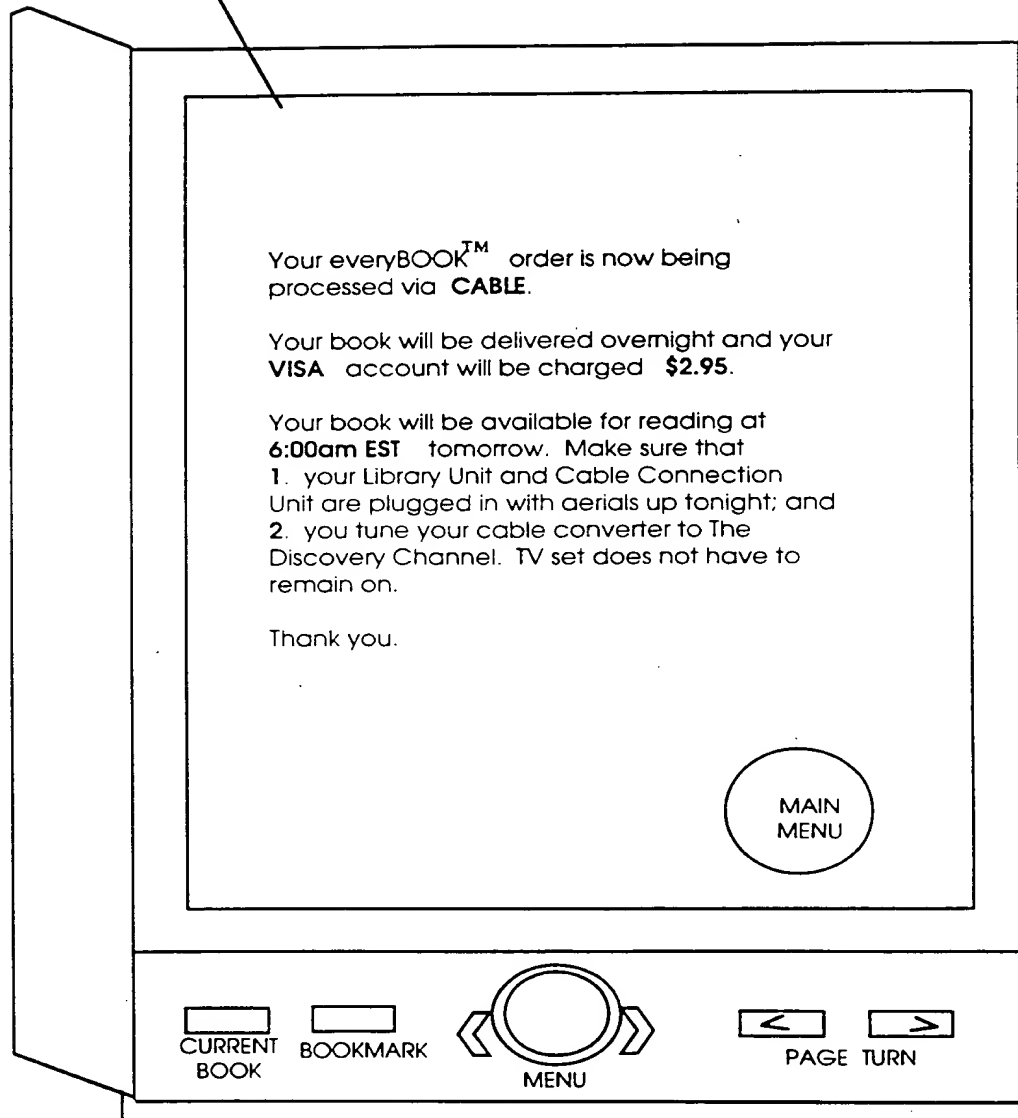


Fig. 14h

862

SET UP ACCOUNT

SCREEN
1 OF 6

Step 1

Enter a four-digit PIN number to protect
your credit card information.

3

Move cursor and select numbers below...

0

1

2

3

4

5

6

7

8

9

Write down your
PIN code and keep
it in a secure place.

CANCEL
ORDER

MAIN
MENU

CURRENT
BOOK

BOOKMARK

MENU

PAGE TURN

09722519.11800

Fig. 14i

864

SET UP ACCOUNT

SCREEN
2 OF 6

Step 2

Select a credit card you wish to use for your everyBOOK™ purchase.

VISA

→

American
Express

Discover

Step 3

Enter your credit card number and expiration date using keypad below.

exp.

MM

YY

Step 4

Enter your home phone number using the keypad below.

area code

0

1

2

3

4

ERASE
& TRY
AGAIN

CONFIRM &
CONTINUE

5

6

7

8

9

CURRENT
BOOK

BOOKMARK

MENU

<

>

PAGE TURN

864'

Fig. 14j

SET UP ACCOUNT

SCREEN
3 OF 6

Aren't you glad you only have to do this once?

STEP 5

Enter your name as it appears on your credit card

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z	.	-	space	

ERASE
& TRY
AGAIN

CONFIRM
&
CONTINUE

CURRENT
BOOK

BOOKMARK

◀

M

▶

 MENU

◀

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864'

Fig. 14k

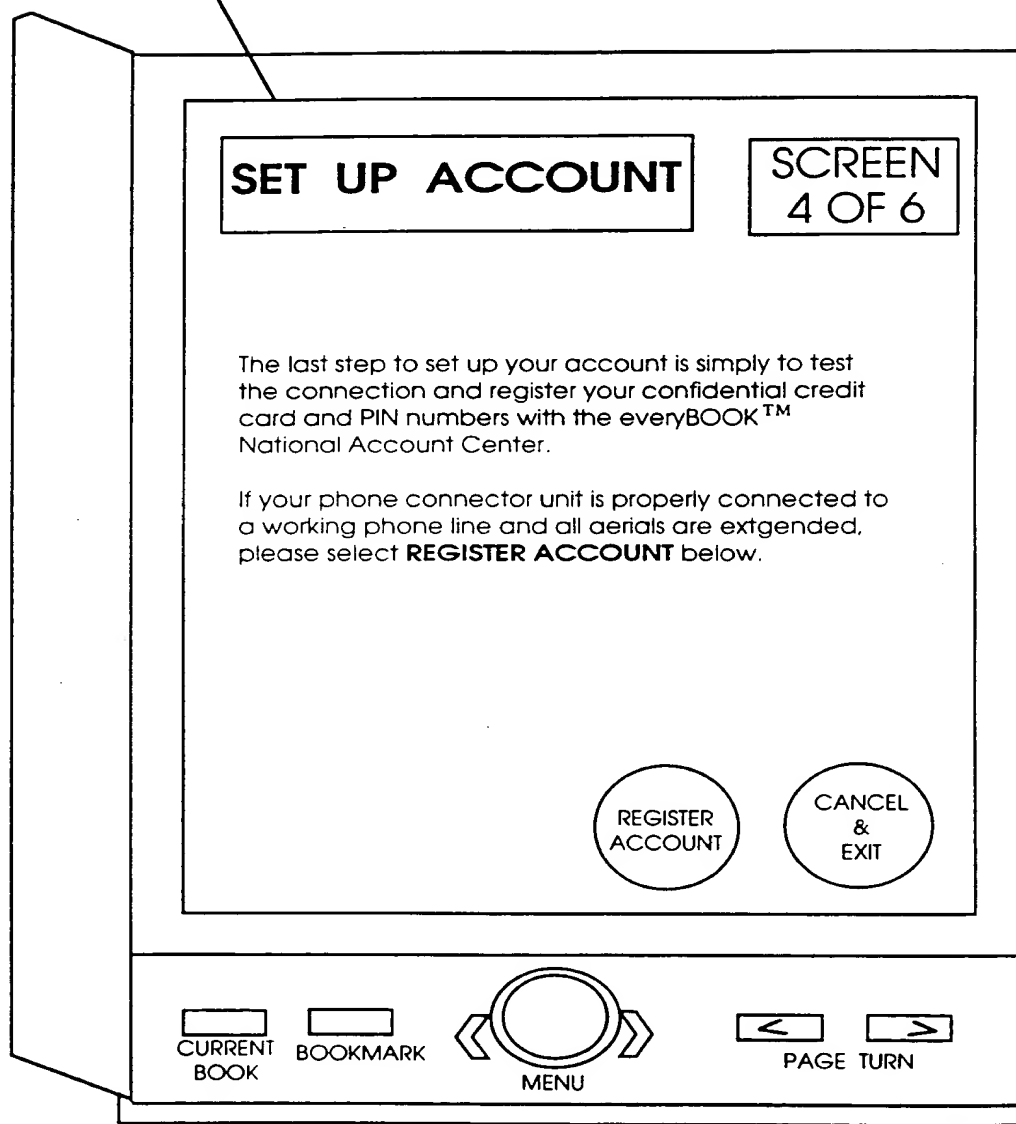
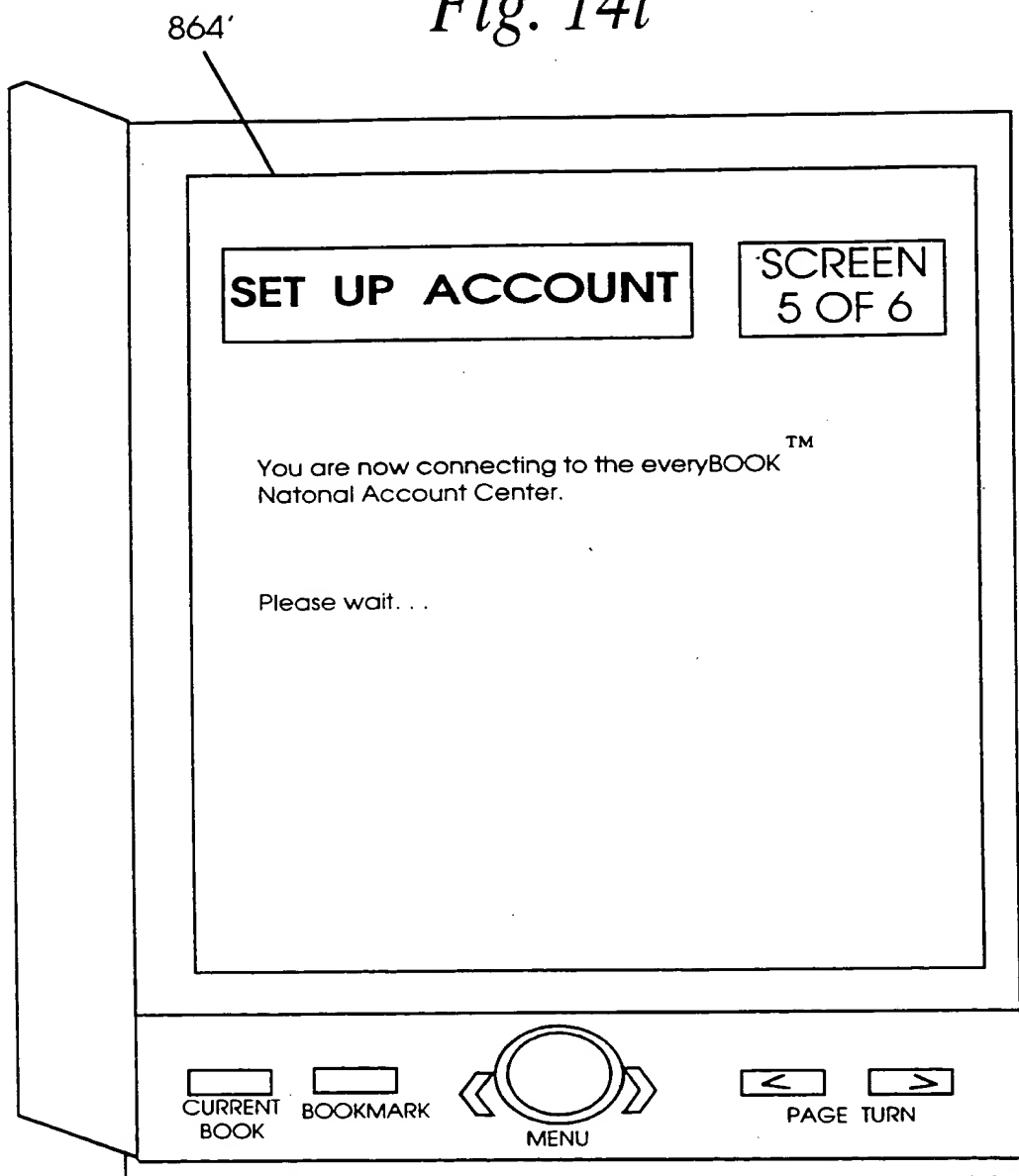
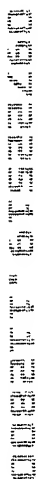


Fig. 14l



864'



868

Fig. 140

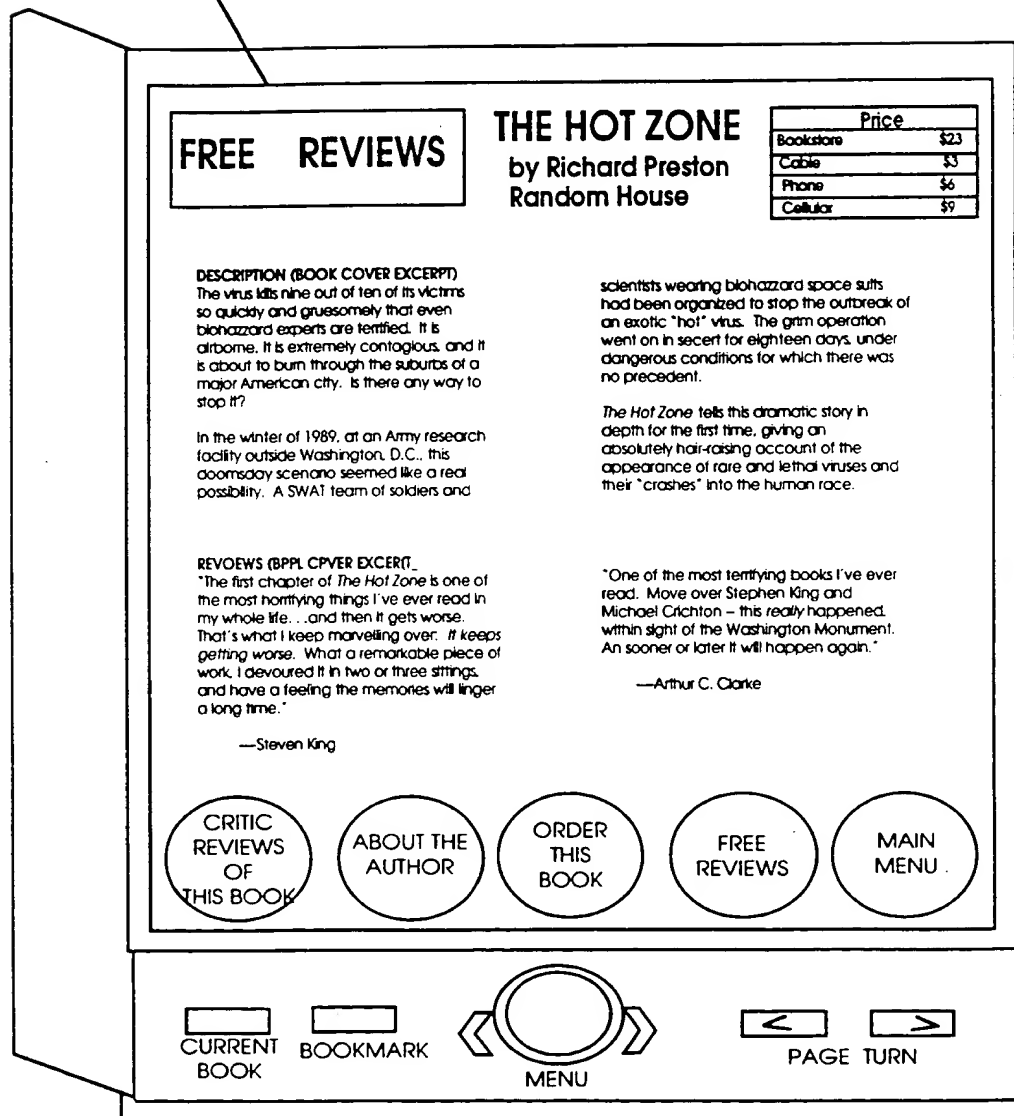


Fig. 14p

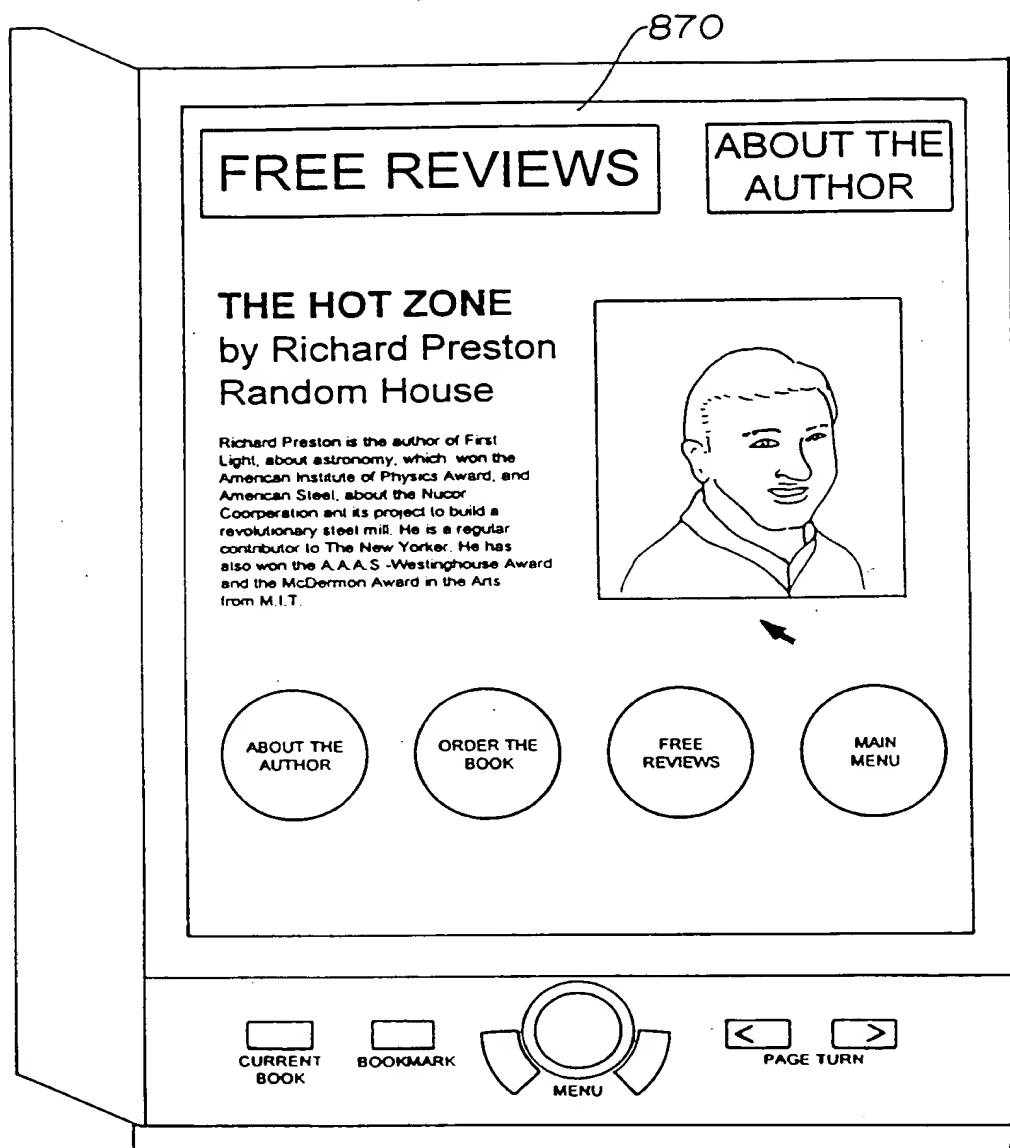
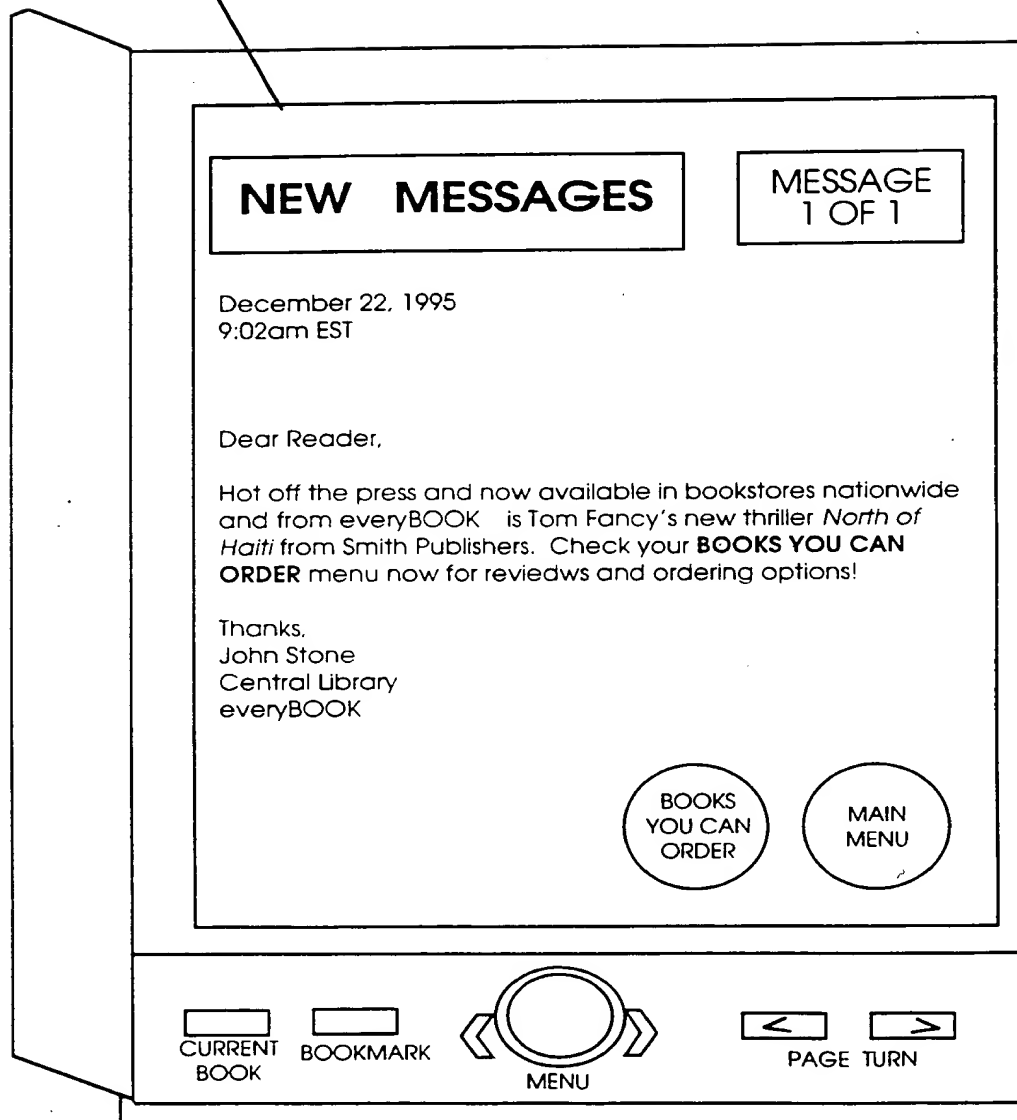


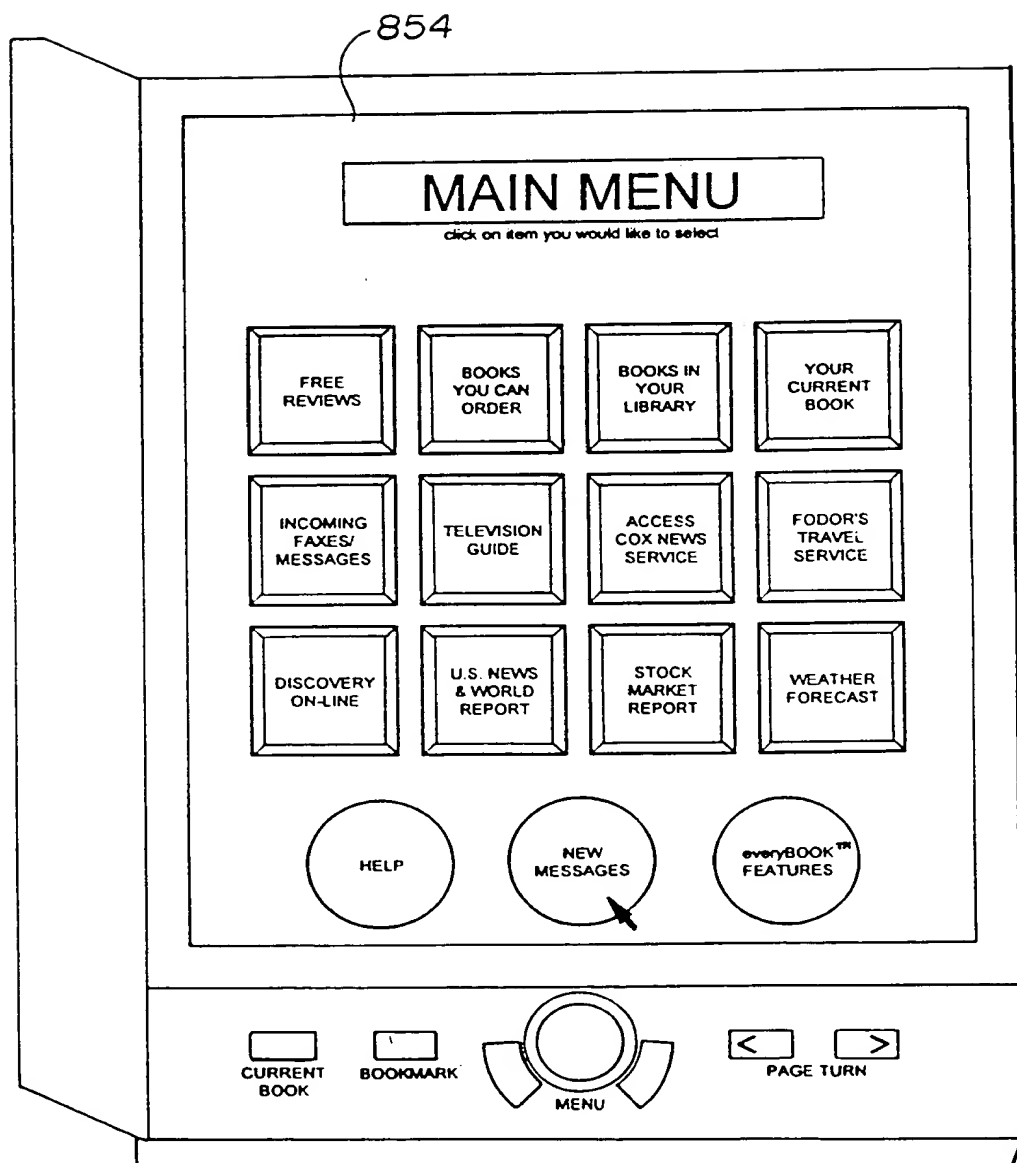
Fig. 14q

894



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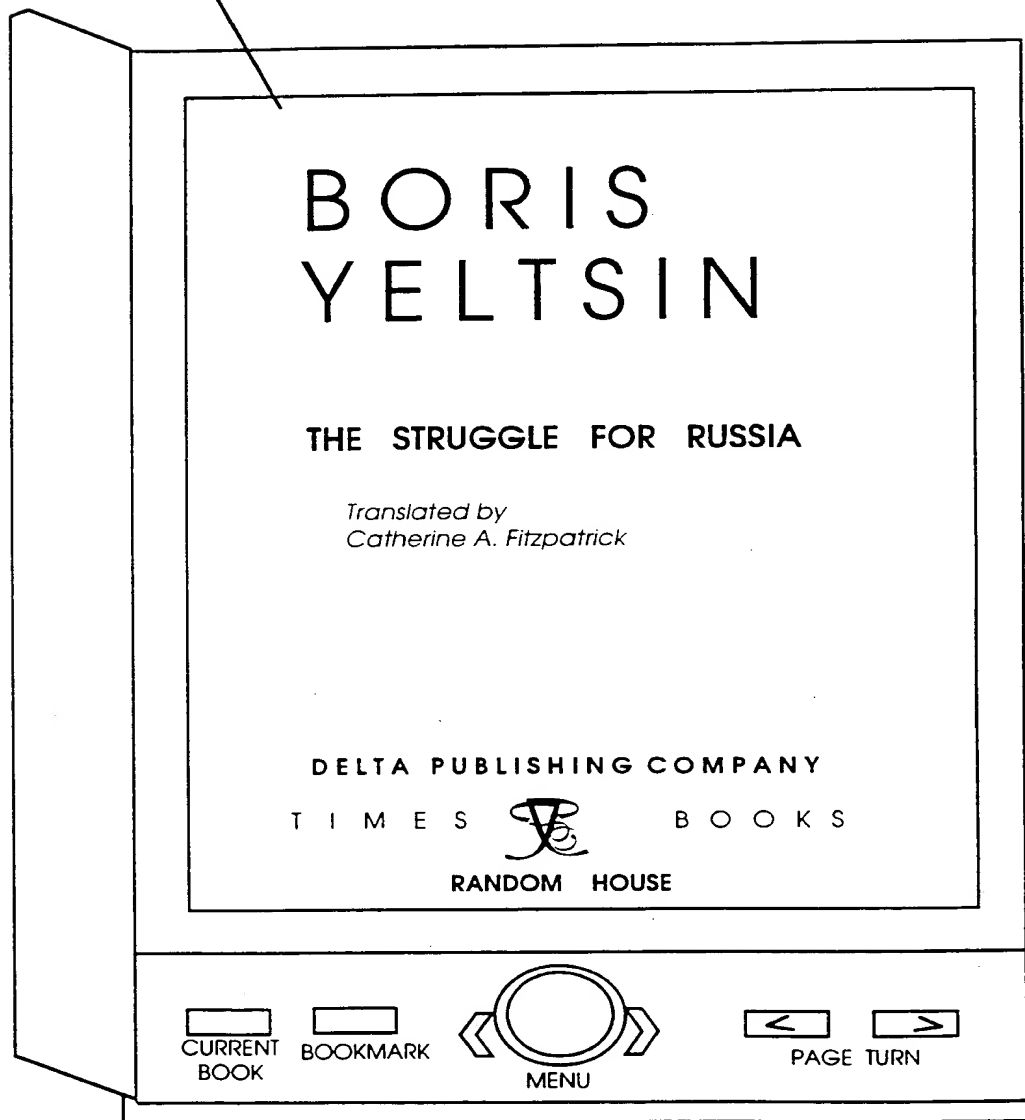
Fig. 14r



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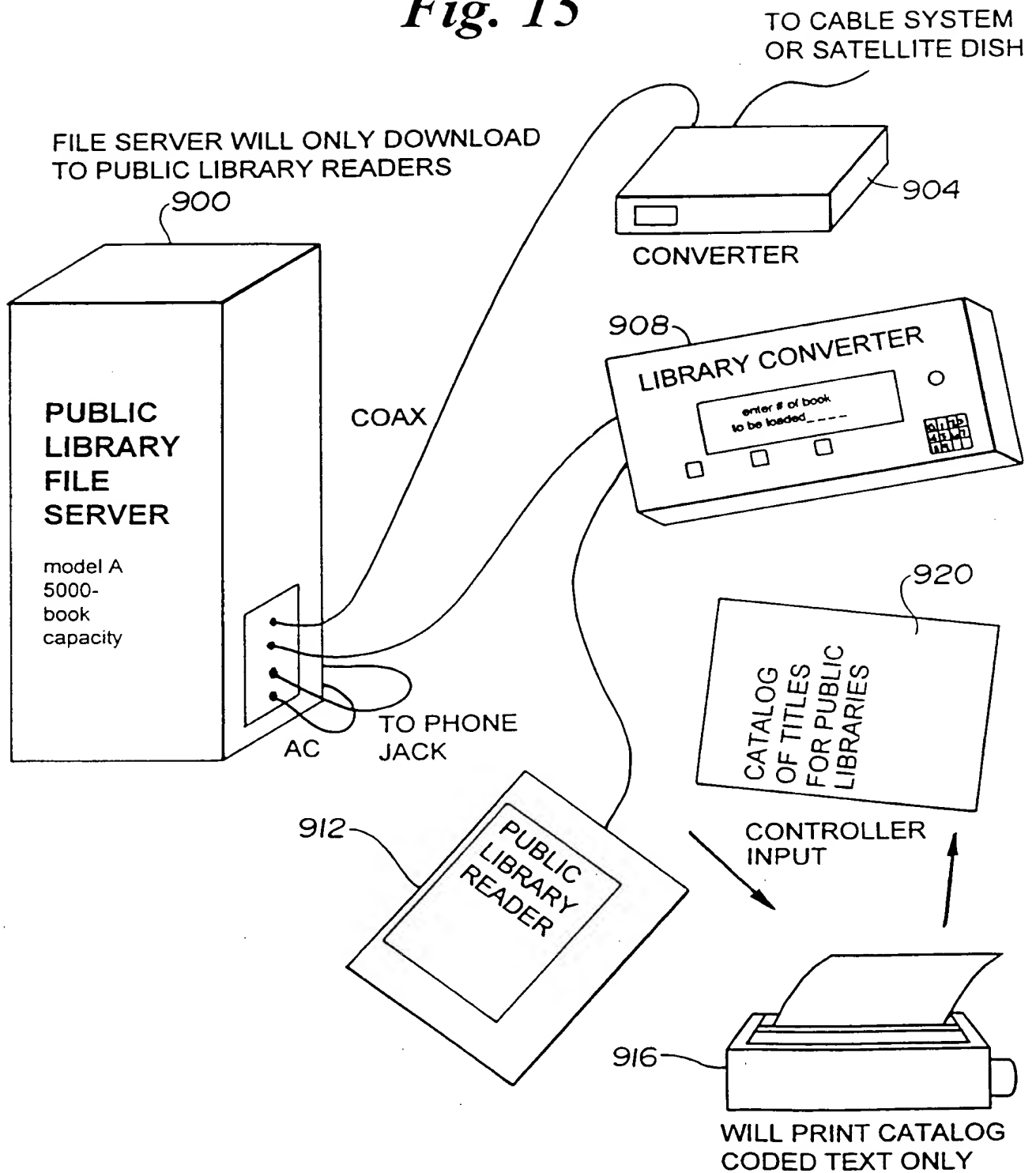
Fig. 14s

851



09722519 112800

Fig. 15



008211 652260

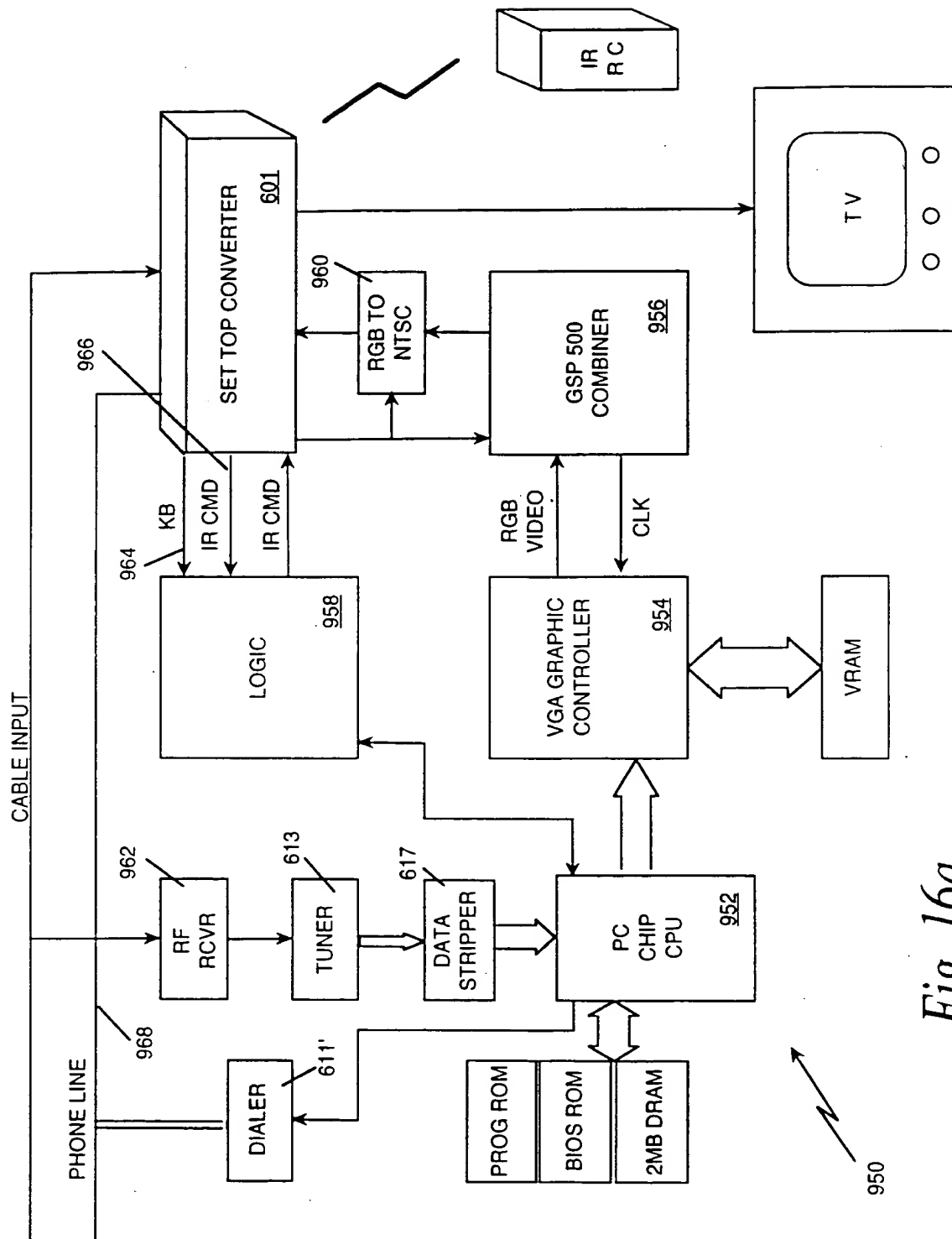


Fig. 16a

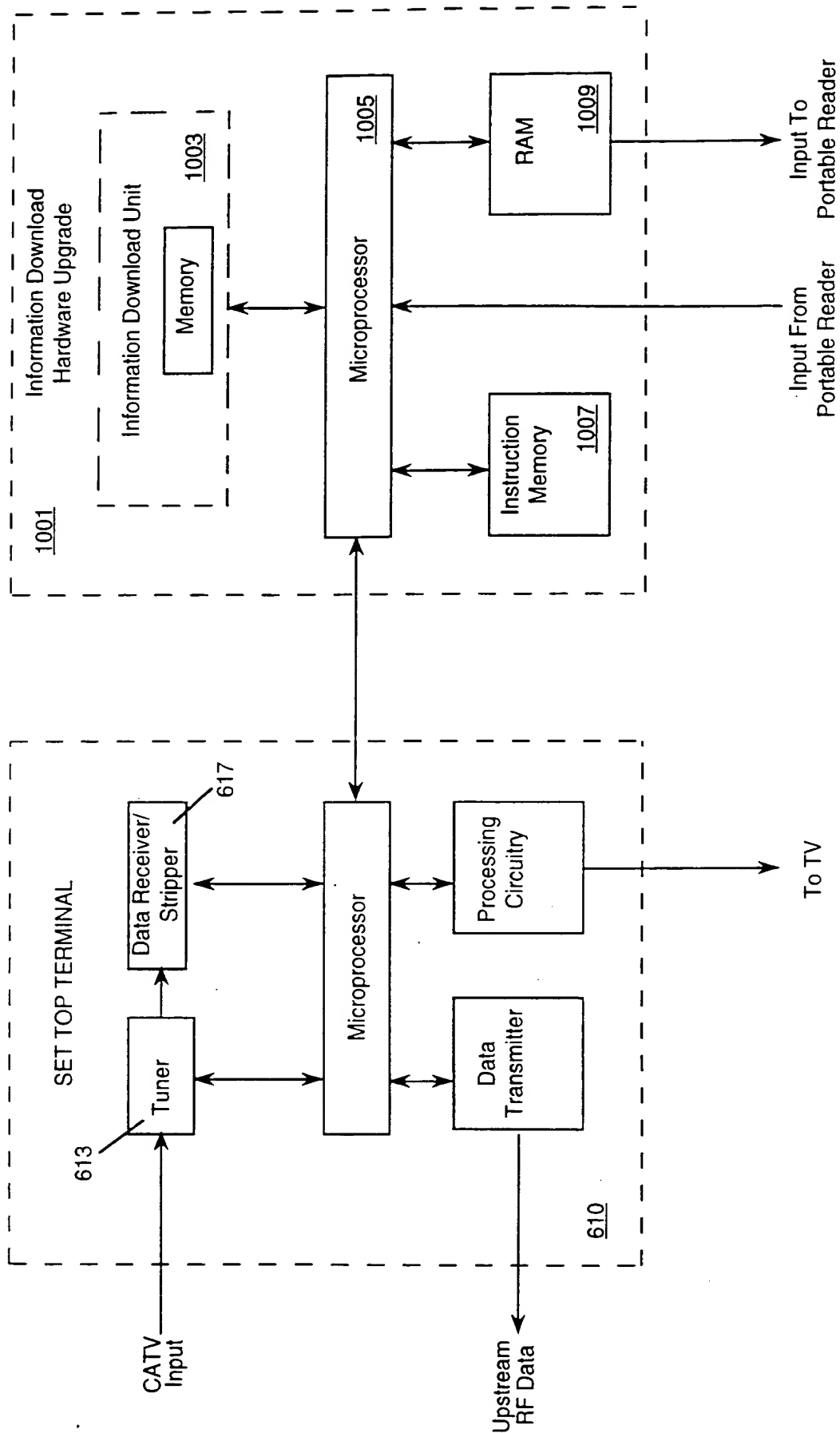


Fig. 16b

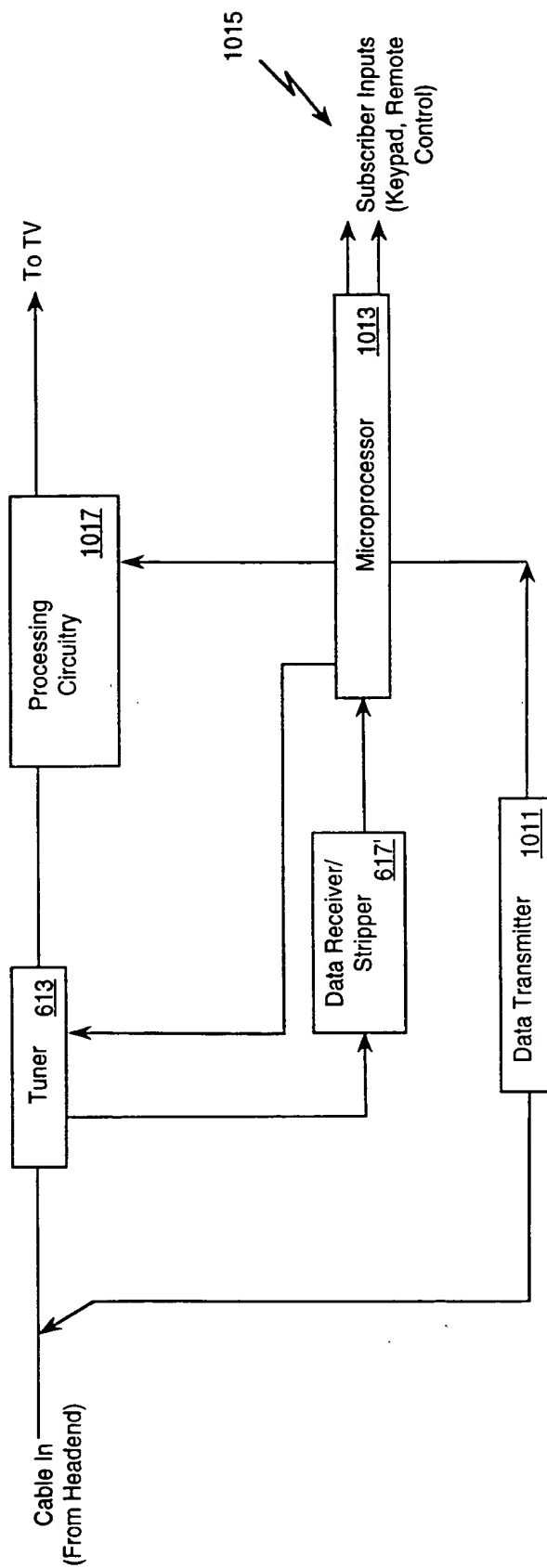


Fig. 17

Fig. 18a

